

Senior Day Camp

Do you have a parent that is just sitting at home now that they are retired? Too self-sufficient to be in a nursing home, but you worry about them being alone all day. Bring them to the Pruzin Community Center where they can be active and socialize with other seniors. We have daily activities that will be included in the fee. Be a part of our Monday Yoga class and Pinochle group, Tuesday and Thursday Senior Aerobics class, Wednesday Ballroom class, Brain Aerobics Class and Colored Pencil class (Supplies needed for a class are not included), Thursday Acrylic Painting class (we will add Mindful Movement if we have 6 students signed up for 10 weeks), Friday monthly Senior Meetings with \$5 lunch, monthly Popcorn and a Movie, monthly blood pressure screenings, and when weather permitting a walk around our outdoor walking path. Come by the day or by the week, even sign up for a full month. (Under the supervision of a CNA staff member who will see to daily activities). Meals on Wheels will provide lunch for \$5 a day. Their menu follows the heart healthy guidelines, offering modified diets, diabetic, cardiac and renal diets. If you choose the Meals on Wheels lunch please let us know if you have any food allergies, intolerances or if the doctor changes your diet. If you choose to bring your own brown bag lunch, labeled with your name. We have a refrigerator to keep things cold. Any day trips will be an added fee and those options will be announced if you wish to join in on those. If you choose not to go, the regular daily activities will still be provided. **Ages: 55+** **Minimum 6 a day/Maximum 15 a day**

Dates: August 31-December 30 (If we have enough interest this will continue into the New Year)

Time: Mondays 9am-3pm

Fee: \$45 Residents/\$50 Non-Residents daily

Tuesdays 9:30am-3:30pm

\$50 Residents with Lunch/\$55 NR with Lunch

Wednesdays 9:30am-3:30pm

\$220 Residents/\$245 Non-Residents weekly

Thursdays 9:30am-3:30pm

\$245 R with Lunch/\$270 NR with Lunch

Fridays 9am-3pm



Choose this

or

Choose this



Adult Care: Make Checks Payable to: Merrillville Parks and Recreation

Seniors Name: _____

Address: _____

Phone: _____ Birthdate: _____/_____/_____

E-mail: _____

Sessions enrolling in: _____ Meals on Wheels lunch Yes/No Brown Bag Lunch Yes/No